

What is work requirement?

Work requirement is a policy that requires **Able Bodied Adults Without Dependents (ABAWDs)** to work or participate in a training program for 20 hours per week. ABAWD work requirement is a policy that applies only to the Food Stamp Program.

An ABAWD can only receive food stamp benefits for three months out of three years while not meeting work requirement.

Who does this policy apply to?

Work requirement applies to you if you:

- are receiving food stamp benefits,
- are age 18 to age 50, and
- do not meet an exemption.

What is an exemption?

If you meet one of these exemptions, you do not have to meet work requirement.

- Physical or mental disability
- Pregnancy
- Child in your food stamp household under age 18

- Required to care for an ill or incapacitated household member
- Full time student

If you believe you meet an exemption, tell your eligibility specialist.

How do I meet work requirement?

To meet work requirement you have to:

- work at least an average of 20 hours per week (80 hours per month) or
- be in a qualified training program for an average of 20 hours per week (80 hours per month).

What is a qualified training program?

These are qualified training programs you may be in:

- a program under the Workforce Investment Act,
- a program under section 236 of the Trade Act of 1974, or
- attending Adult Basic Education (ABE) classes.

You may also meet work requirement by doing a combination of work and being in a training program.

What is a non-work month?

A non-work month is a month in which you receive a full month's food stamp benefit while not meeting work requirement.

You may receive food stamp benefits in three non-work months in a three year period.

Does this policy apply to all areas of Missouri?

Certain counties and cities in Missouri have been granted a waiver from work requirement policy.

These counties or cities have a high unemployment rate or there are not enough jobs to provide employment for the individuals living in the area.

If you live in one of these areas you do not have to meet the work requirement.

Your eligibility specialist will tell you if you must meet work requirement.

Food Stamp Requirement



Dependents
Without
Adults
Bodied
Able

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Can I ever get food stamp benefits again if I have used my
three non-work months?

If you have used all three non-work
months you may be eligible to
receive food stamp benefits again if
you are employed an average of 20
hours per week or you meet an
exemption.

If you start working, then stop again,
you may be eligible to receive a
second set of three non-work
months.
If you used three non-work
months in a three-year period you may again
receive benefits when the three
years have passed.

How will I know if I have to meet
work requirements?

Your eligibility specialist will discuss
work requirement with you during
applications, reapplications, and
budget adjustments.
If you have any questions
concerning work requirements
policy contact your local Family
Support Division office.